



Pick a Place: GRATITUDE

Strolls for Well-being at ISU: Press Pause & Take a Break...

A mindfulness practice can reduce stress and support a sense of well-being. This practice can take place whenever and wherever it works for your schedule. Perhaps during a neighborhood walk, at a local park, or simply looking out a window onto the natural surroundings.

Begin by stilling your mind with a few deep breaths. Come into this present moment and bring your full attention to this experience. During your practice, pause occasionally and notice the physical location and reflect on the options below.

Bringing **Gratitude** to this present moment raises awareness for all which we can be thankful for. Everything from how our heart knows to keep beating to the beauty of nature that surrounds us.



“This is a
wonderful day.
I’ve never seen this
one before.”
-Maya Angelou

Pause. Close your
eyes or gently gaze
to the earth.
Listen to the sounds
that surround you
with gratitude.

As you walk to this
place, consider all
that you are
grateful for.

Thoughts:



Pick a Place: JOURNEY

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Our **Journey** to this present moment has included many twists and turns. Explore the paths that you have experienced and the lessons you have learned.



“Aim for the sky, but
move slowly, enjoying
every step along the
way. It is all those little
steps that make the
journey complete.”
-Chanda Kochhar

As you look at the
horizon,
what colors do
you see?
What sounds can
you hear?

Take a deep breath
in through your nose
and let it out slowly.
Pause for two
seconds and repeat.
This is a great stress
reliever!

Thoughts:

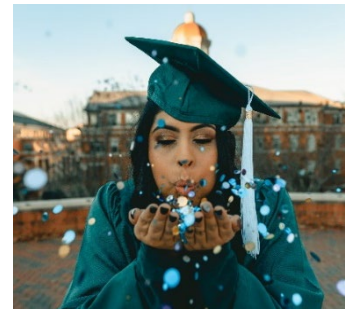


Pick a Place: POSSIBILITY

Strolls for Well-being at ISU: Press Pause & Take a Break...

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Begin by stilling your mind with a few deep breaths. Come into this present moment and bring your full attention to this experience. During your practice, pause occasionally and notice the physical location and reflect on the options below.



Bringing **Possibility** to this present moment brings the infinite options that we always have and are only limited by our own minds.

“When nothing is
sure, everything is
possible.”
-Margaret Drabble

Think of the
possibilities you
have today.
What food to eat.
How to spend your
time. Pause and
notice the choices.

Move slowly around
this place. Look at
things close to
ground and high
above. What do you
notice from different
perspectives?

Thoughts: